



21 DAYS OF PRAYER & FASTING

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As we begin a new year at LIFE IN CHRIST CHURCH, we want to make it a priority to seek God first in prayer and fasting. We do this corporately as a church through the 21 DAY DANIEL FAST. Together, we faithfully seek God first, trusting His power alone to create a lasting impact on our lives.

This resource is designed to help us walk together for the next 21 days. Each day as a specific prayer topic. We encourage you to use this resource as a prompt to journal any thoughts, dreams, and prayers God lays on your heart. At the back of this resource, you will also find some helpful tips on prayer, fasting, and the Daniel Fast.

Thank you for partnering with our church as we SEEK GOD INTENTIONALLY for the next 21 days!

***Note: Before doing the Daniel Fast, please first consult with your medical provider. If you are unable to do the Daniel Fast, consider fasting something else (e.g. social media, television, rice, etc.)*



WEEK ONE

DAY ONE

PRESENCE OF GOD

We believe one moment in the presence of God changes everything. God's presence brings vision, breakthrough, and hope, which is why we are so passionate about pursuing His presence in every area of our lives. Let's pray today for a hunger for the presence of God. We do not want to move forward without His presence, so may He go before us and surround us in all we do as a church!



DAY TWO

FAMILY

The family is a masterpiece of God's creation. Within the family are two essential elements - marriage and parenthood - in which God uses to reveal His character like nothing else in creation. The love between a husband and wife provides a glimpse of Christ's passionate devotion to us as His bride. In the same way, the ups and downs of parenthood shows a compelling picture of God's tenderness and patience toward us as His children. Let's pray for our families so that they will be healthy and reflect the character of God!



DAY THREE

MARRIAGE

God created marriage as a loyal partnership between one man and one woman. Marriage mirrors God's covenant relationship with His people. It highlights His faithfulness and sacrificial love. Let's pray for healing and restoration in places that are needed, and for loving and healthy marriages to flourish in our church!



DAY FOUR

NEXT GENERATION

We believe the next generation can and will do greater things than we ever could. That's why we gladly invest in our kids, students, young adults, and future leaders. Let's pray today for our kids to grow up in homes full of love and purpose. Let's pray for our students and young adults to seize every opportunity to share the name of Jesus, and let's pray for our future leaders to do more than we ever could!

NURSERY Newborns to 3 years old

LICC CM KIDS PreK through 6th grade

YOUTH 7th grade through 12th grade

YOUNG ADULTS College students and young adults



DAY FIVE

OUR HEART IS GLOBAL

Our heart is global because God's heart is global. Jesus commissioned us to take the gospel to the far reaches of the planet, and we take His words to heart. We see it as our church's call to wake up the world to missions, because the greatest injustice on the planet is people never having a chance to hear the name of Jesus. Let's pray today for every person in our church to catch the vision of a global heart.



DAY SIX

GENEROSITY

We believe we are blessed to be a blessing. Our church wants to take every opportunity to be generous with our time, talent, and treasure. Generosity is not a “have to;” it’s a “get to,” and nothing excites us more than leading the way with generosity. Let’s pray today for a heart and spirit of generosity to sweep through our church. A generous church is a growing church, and that’s exactly who we want to be!



DAY SEVEN

UNITY

We are about one thing at Life in Christ Church, and that is lifting up the name of Jesus. We want to see Jesus known throughout our city and our world. That's our rallying cause, and that's our united purpose. This is why unity is a value for our church. Let's pray today to focus our efforts, energies, and hopes toward Jesus, and no matter what stands in our way, we believe if we stay in unity, we will reach our full potential!



WEEK TWO



DAY EIGHT

THE VU FAMILY

As Life in Christ Church begins a new journey with Pastor Teng Vu as lead pastor, let's lift him, Nhia, and their three children, Jaedon, Owen, and Joy in prayer. Let's pray for God's peace to surround them, for God's strength to sustain them, and for the Holy Spirit's voice to be clear as they lead us going forward.

Let's also pray Philippians 1:9-11 over our pastor and his family.

"And this I pray, that your love may abound still more and more in knowledge and all discernment, that you may approve the things that are excellent, that you may be sincere and without offense till the day of Christ, being filled with the fruits of righteousness which are by Jesus Christ, to the glory and praise of God."



DAY NINE

BOARD OF DEACONS

LICC has a board of of deacons that works with Pastor Teng to provide spiritual and financial oversight for all that we do. Let's pray for them to be like Jesus - servant leaders who help carry the church forward. Let's also pray for them and their families, and that God would continue to give them insight to lead our church into the future.

BOARD MEMBERS

Pastor Teng Vu - Chair

Doua Yang - Treasurer

Gao Lee

Mary Thor

Phui Muas



DAY TEN

PASTORS

Our pastors are the spiritual shepherds, leaders, and caregivers for our church. They inspire us to grab God's best for our lives. They are there to help us navigate through challenges and life decisions, and and they equip us to become more like Jesus every day. Let's pray today for our pastors and their families. Let's pray they are filled to overflowing with the power of the Holy Spirit!

OUR PASTORS:

Pastor Tchamong Hurh

Pastor Mai Vang Her

Pastor Tswv Vaj Lauj

Pastor Jonathan Maus



DAY ELEVEN

MINISTRY DIRECTORS

We can only grow as far as our leaders are willing to take us. The vision of our church cannot be accomplished by just our pastors. We are built on the backs of people who are stepping up to lead ministries and groups. Our ministry directors give their hearts and lives for our church, so let's pray for them today. Let's pray a blessing over their lives and their families, and let's pray for their impact in our church to go both deep and wide!

TODAY'S FOCUS:

Men's Ministry - Director position is currently vacant
Women's Ministry - Niam Haivy Vang
Youth Ministry - Pastor Jonathan Maus
Young Adults Ministry - Sher Thao



DAY TWELVE

MINISTRY DIRECTORS CONTINUED

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TODAY'S FOCUS:

- Nursery Ministry - Evelyn Yang
- Children's Ministry (CM) - Niam Phui Muas
- Worship Ministry - Chue Lor
- Media - Wafua Thaieng
- Prayer Team - Pastor Mai Vang Her
- Missions - Pastor Tchamong Hurh
- Culture Team - Txawj Hwm Yias Xiong



DAY THIRTEEN

MINISTRY DIRECTORS CONTINUED

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TODAY'S FOCUS:

Compassion Ministry - Paul Her

Special Songs Coordinator - Nancee Her (Niam Ying Lee)

Website Coordinator - Xeem Her

Video & Media Coordinator - Eng Xiong

Connection Team - Sam Cha



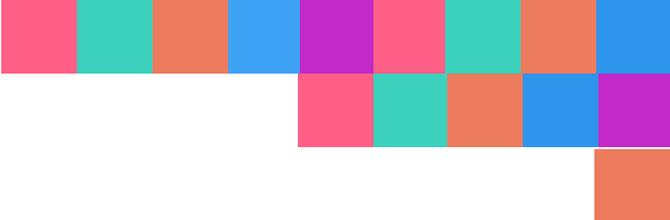
DAY FOURTEEN

VOLUNTEERS

It takes many volunteers every single week to make Life in Christ Church happen. We have an amazing team of people who welcome people to church, care for our kids, lead our students, and serve in any way they can at our worship services. Our volunteers faithfully, gladly, and generously give of their time and talents, and for that, we are so grateful. Let's pray for them today to be blessed beyond measure!



WEEK THREE



DAY FIFTEEN

SPIRITUAL AWAKENING

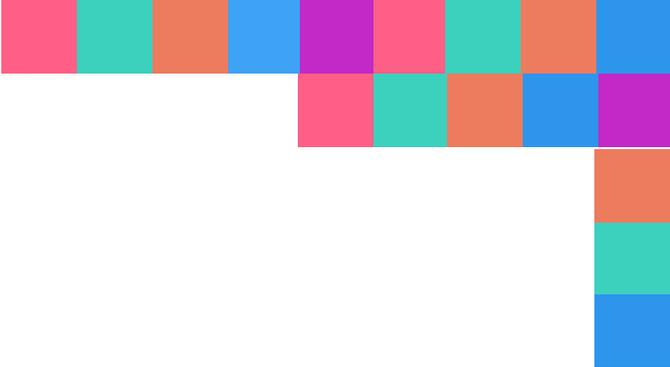
2020 was a rough year that tested and stretched all of us. As we begin 2021, let's pray for God to awaken people's hearts to hunger and seek after him. We believe that God is on the move and that we are on the brink of Him pouring out His Spirit in a way we have never seen before!



DAY SIXTEEN

SPIRITUAL GROWTH

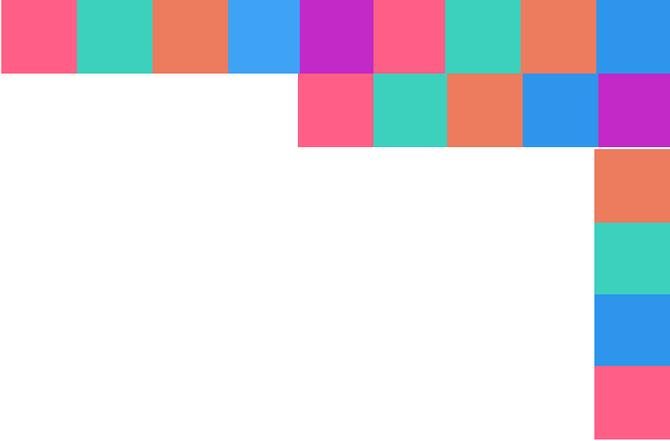
May we get closer to Jesus this year. Let's pray for Life in Christ Church to grow deeper in our relationship with Jesus and to become more like Him. Let's pray for us to set aside things that keep us from growing in our walk with the Lord. Let's ask God for a fresh revelation and understanding of His Word and for an increased knowledge of who He is.



DAY SEVENTEEN

SPIRIT-EMPOWERED BELIEVERS

To be a Christian is to be a disciple of Jesus. Jesus said that we would do even greater things than Him - can you believe that? Let's pray for Life in Christ Church to be filled by the Holy Spirit, and to be bold and uncompromising in the way we live out our faith. May signs and wonders follow us wherever we go. May the sick be healed and those tormented by addictions and demons be freed. May we share the Good News of Salvation to those around us!



DAY EIGHTEEN

LICC CHURCH BUILDING

It's been a dream of ours to have our own church building. Today, let's pray for God to provide financial blessings, the connections, and resources for this to become a reality!



DAY NINETEEN

A LIGHT IN OUR CITY

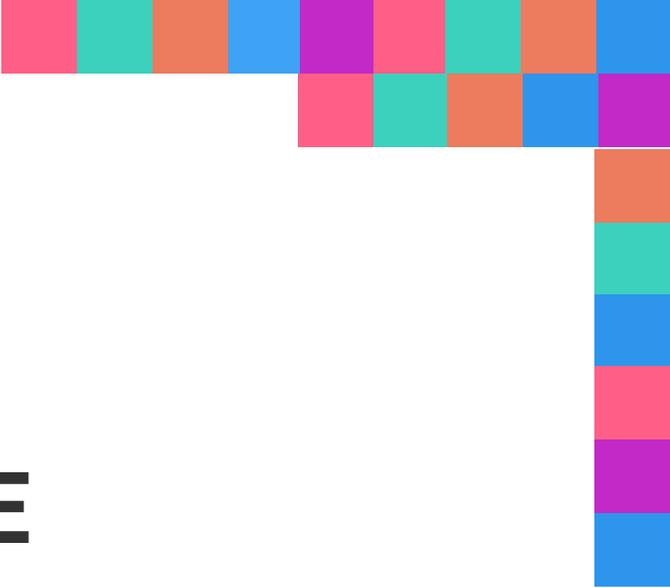
Let's pray today for Life in Christ Church to reach our city and our community for Christ. Let's pray for a heart to reach outside of the four walls of the church and meet the needs of those around us. Let's shine!



DAY TWENTY

REVIVAL IN THE HMONG COMMUNITY

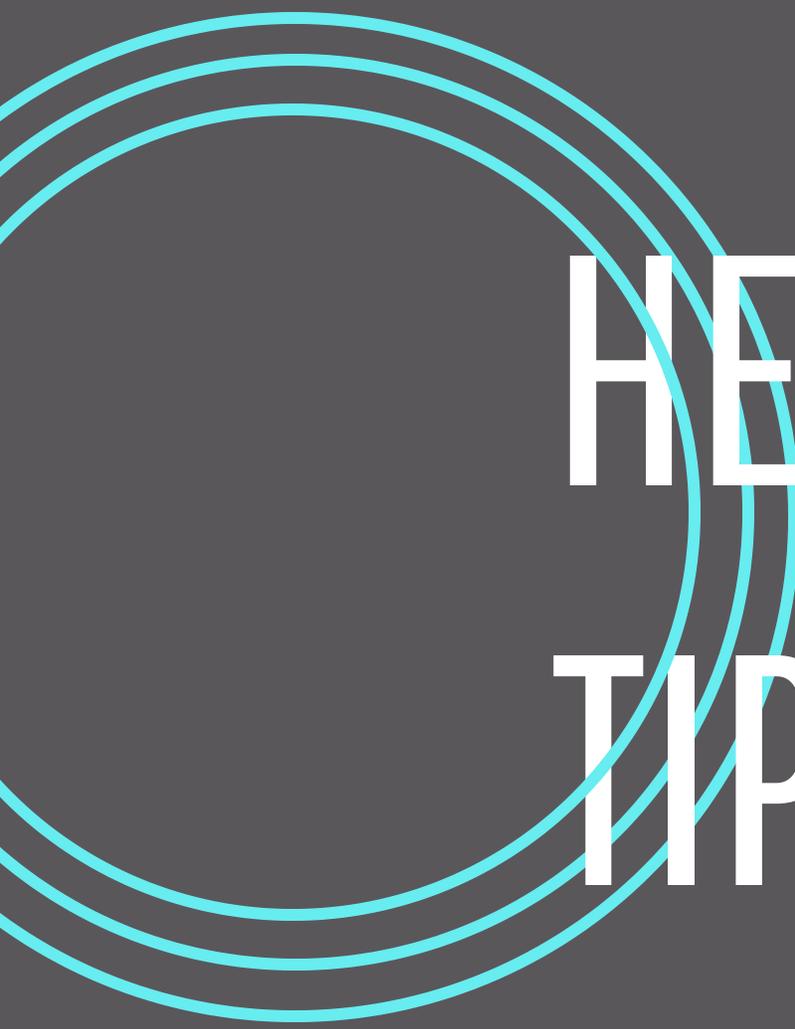
Did you know that there are more than 66,000 Hmong people in Minnesota? Let's pray for the Holy Spirit to bring revival to the Hmong community and bring many people to salvation in Jesus Christ! The time is now!



DAY TWENTY ONE

LOVE

Love is what will remain after everything passes away. With that, it is fitting to end our fast on the topic of love. Let's pray for us to operate in biblical love and to be known by Christ's love!



HELPFUL TIPS



PRAYER

Here are a few ways you can begin a powerful and personal daily prayer time with God.

1. Pick a time and place.

We can pray anytime, anywhere. Pick a consistent time when you can be alone with God.

2. Listen before you speak.

Prayer is a conversation. Just as God speaks to us through the Bible, He is listening when we pray. When you sit down to pray, listen first to what God has to say.

3. Prioritize the spiritual.

We should spend as much time praying for our souls, for the salvation of our loved ones, and for the spread of the Gospel as we do praying about anything else.

4. Ask for anything.

Jesus invites us to keep asking, interceding, and praying. God knows what's best for you, and He's listening. Don't be afraid to pray and ask Him for anything!

FASTING

Fasting is voluntarily going without food - or any other regularly enjoyed, good gift from God - for the sake of a spiritual purpose. Jesus invites His followers to fast, and we fast in this life because we believe in the life to come. We fast from what we can see and taste, because we have tasted and seen the goodness of God - and are desperately hungry for more of Him. So take a step of faith, pray without ceasing, and watch God move in your life, our church, and the world!

Scripture References

Matthew 6:16-18

Matthew 9:14-15

Luke 18:9-14

Acts 27: 33-37

Nehemiah 9:1-3

Types of Fasts

- Seeking Fasts: Fasting to seek God with more intensity and more intentionality
- Favor Fast: Fasting for a situation where you need the favor of God
- Discernment Fast: Fasting for a major decision you have to make
- Breakthrough Fast: Fasting to break bondage or find freedom in your life
- Gratitude Fast: Fasting to express thankfulness to God for His love
- Dream Fast: Fasting to receive God-sized dreams for your future

Adapted from River Valley Church

THE DANIEL FAST

What is the Daniel Fast?

It's a biblically based partial fast based on two accounts of the Prophet Daniel's fasting experiences (see Daniel 1 and 10) and typical Jewish fasting principles. The Daniel Fast eating plan is similar to a vegan diet with additional restrictions. See the Daniel Fast Food List for a more complete outline of foods to include and foods to avoid.

What can I eat?

- All fruits and vegetables - These can be fresh, frozen, dried, juiced, or canned.
- Whole grains - This includes brown rice.
- Nuts & seeds
- Legumes - These can be canned or dried.
- Quality oils - Olive, canola, grape seed, peanut, & sesame
- Other - Tofu, soy products, vinegar, seasonings, salt, herbs, & spices
- Beverage - Water only

Be sure to check the list of ingredients on the back of food packages to make sure there is no added sugar.

What foods should I avoid?

- All meat and animal products
- All dairy products
- All sweeteners
- All leavened bread, including leavening agents (yeast, baking soda, baking powder)
- All refined and processed foods
- All deep fried foods
- All solid fats (shortening, margarine, lard)
- Beverages that are not water, including coffee, tea, herbal teas, carbonated drinks, energy drinks, alcohol.

Where do I find more info?

Visit www.daniel-fast.com